

## 'The first help we got was from outsiders'

10 years after Katrina, survivors remember when the Canadians arrived to lend a hand

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# Winnipeg metro



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Your essential daily news | WEDNESDAY, AUGUST 26, 2015

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Vanessa Miller and son Carson, 6, from Vancouver enjoy one of the zoo's butterflies, which will be tagged and released so researchers can track their migration to Mexico.

## FLIGHT OF FANCY

**PUBLIC INVITED TO WATCH ASSINIBOINE ZOO RELEASE ITS MONARCHS WEDNESDAY AT 1:15 P.M.**

## Killer admits to second murder

COURT

### Convict gets 20 years for 'evil, vile and grotesque' act

A man who is already serving a life sentence for murdering and dismembering his wife has been sentenced to 20 years in jail for killing another Manitoba woman nine years ago.

Traigo Andretti, who represented himself, pleaded guilty to second-degree murder in the death of Myrna Letandre on Tuesday as her family wept in the courtroom.

**WARNING:** Graphic details follow.

Andretti admitted to strangling Letandre from behind, dragging her to the shower where he slit her throat and drained her blood. In an agreed statement of facts, he said he

dismembered her, flushed some parts down the toilet and burned others, along with her clothing, in a garbage bin.

He buried her head in a basement crawl space at the Winnipeg rooming house he was living in and told people Letandre had gone to British Columbia with someone she met at a bar.

"It seemed, in hindsight, that I was absent, that I was just observing what I was doing to her body," Andretti told court softly. "I thought I loved her. The day before that, I had no idea it was going to happen."

After killing Letandre in 2006, Andretti continued living in the rooming house for almost a year. He showered in the same stall where he drained her blood and did his laundry in the basement where her head was hidden.

He blamed his medication for the killing, but asked for a maximum 25-year sentence.

"I'm sorry," he told Letandre's family. "But that seems very in-

sufficient for the loss."

Justice Chris Martin called the murder "evil, vile and grotesque" and said Andretti has very little chance for rehabilitation.

Letandre, who was 37 and originally from the Fairford First Nation, was reported missing by her sister in 2006. Her remains were found seven years later.

The new sentence is concurrent to the one Andretti is already serving.

Last year, Andretti was given a mandatory life sentence with no chance of parole for at least 25 years for the first-degree murder of his wife, Jennifer McPherson, who was also a long-time Winnipeg resident.

Police discovered McPherson's remains scattered on a remote island near Alert Bay, off the east coast of Vancouver Island, in 2013. The couple had been living there as caretakers of a fishing camp.

THE CANADIAN PRESS

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## IN BRIEF

### Winnipeg woman dies in hospital after June crash

A Winnipeg woman pulled from a burning vehicle on the Trans-Canada Highway in June has died.

Angela Strike, who suffered third-degree burns all over her body, succumbed to her injuries in hospital while in an induced coma.

Strike was the lone driver of the car that was rear-ended by a truck on June 26.

Her husband, Jon, was driving in the SUV in front of her with their children. Both of their vehicles caught on fire but he and the children made it out.

Jon Strike, who was injured, tried to pull his wife out of the burning car.

THE CANADIAN PRESS

### Crops in province damaged by weekend storms

Storms over the weekend damaged crops in parts of Manitoba.

Keystone Agricultural Producers President Dan Mazier says the Selkirk, Gladstone and Interlake areas were hit the hardest by rain and hail.

Manitoba Public Insurance says so far more than 300 hail claims have been filed. Mazier says the storms will affect the quality of the crops.

He says despite the storms farmers will likely see fairly average crop yields this summer.

The storms also dumped more than 50 mm of rain on Winnipeg, knocking out power in some areas and causing some sewers to back up. THE CANADIAN PRESS



Giovanna, a 20-year-old Hahn's macaw, has been missing since she flew off startled two weeks ago. SHANE GIBSON/METRO

# 'I just desperately want to find her'

## DISAPPEARANCE

### Bird's long-time keeper offers reward if returned



Shane Gibson  
Metro | Winnipeg

A Winnipeg woman is desperate to find her companion of 20 years so the two can celebrate her birthday together.

Daryl Frame, 58, said Giovanna, her Hahn's macaw, was last seen two weeks ago. Frame said the bright green

parrot with a red patch on her right wing was on her shoulder when she opened the door of her Westwood area home and banged something down.

The noise startled the bird, which then flew over her fence and hasn't returned.

"We've been together for a long time," said Frame. "She's going to be 21 in October so I'd sure like to have her back to celebrate her birthday."

"Her favourite treats are unsalted sunflower seeds ... or a piece of tofu. It's doesn't sound very exciting but that's what we plan to do with her for her birthday."

Since her pet flew off, Frame has scoured her neigh-



**I'd sure like to have her back to celebrate her birthday.**

Daryl Frame

bourhood; checking trees and posting flyers at veterinary offices.

She told Metro she received a call Tuesday morning from a woman in the West End who said her neighbour had nearly caught a parrot on the loose in the neighbourhood Monday night, but the bird was able to get away.

While she can't say for sure if the bird was Giovanna, Frame asks area residents to keep an eye out.

Frame is offering a reward for the parrot if found and asks if anyone spots her to reach her at 204-998-0442, or call the Winnipeg Humane Society.

"I just desperately want to find her. My life is really empty, it's like it took this really bad U-turn and I wasn't expecting that," she said.

Giovanna also has a white patch by her eyes, a curved beak and Frame said her belly feathers have been plucked.

Frame says she is timid and may fly off if approached.

WITH FILES FROM THE CANADIAN PRESS

## PARTNERSHIP

# New effort reunites lost cats, owners

The Winnipeg Humane Society (WHS) and Winnipeg Lost Cat Alert (WLCA) have joined forces in an effort to reunite more lost cats with their owners.

"Although we reunite many, many cats with their owners, I know we can — and must — do better. More successful reunions means we are all happy — cat, owner, (and the) WHS," said Javier Schwertsensky, CEO of the WHS.

The Winnipeg Humane Society receives more than 5,500 cats annually and of those more than 2,100 are stray.

It maintains the largest lost pet database in the province. Winnipeg Lost Cat Alert receives

**5,500**

The number of cats the Winnipeg Humane Society receives annually — 2,100 of which are stray.

over 1,000 notifications of found cats each year.

"Too many cats lack ID, which makes locating their owners difficult," said

Claudia Allen of WLCA.

"But when you tell someone their cat has finally been found, their reaction is worth everything it took to get them home."

The WHS and WLCA remind cat owners to keep pet records up to date with your vet, the microchip company and the WHS.

Even a change in phone number can make it difficult to get a cat back home.

According to the WHS website, the shelter also offers education programs for children and adults to encourage responsible pet ownership, and a veterinary clinic that performs subsidized spay and neuter surgeries for those on fixed or low-income.

If your cat goes missing or you find a cat, call the WHS at 204-982-2025. You can see lost and found cats on WLCA's Facebook page or list a lost or found cat by sending an email to winnipeglostcatalert@gmail.com. METRO

## SYMPOSIUM

# City sets sights on organic waste

The city wants to find ways for people to get rid of organic waste that doesn't involve dumping it in the landfill.

On Tuesday the city said they are beginning the process of creating an Organics Diversion Strategy, and they want the public's input.

An Organics Symposium on Sept. 9 invites people to learn more about the city's efforts to manage organic waste, and invites them to tell the city what they want to see from

an organics program.

"Leaf and yard waste composting is already very successful in Winnipeg, but there is an opportunity to divert more organic materials from Winnipeg landfills and further reduce greenhouse gases," said the city of Winnipeg in a press release.

The city said adopting an Organics Diversion Strategy will bring Winnipeg in line with many other Canadian cities.

Feedback from the event will be incorporated into the next

## WHEN, WHERE

The symposium happens Sept. 9 at 5:30 at the West End Cultural Centre at 586 Ellice Avenue.

stage of public engagement, where more concrete options will be discussed.

For more information and to register call 311.

METRO

## LOCKDOWN

# Manitoba federal inmate found dead

The Correctional Service of Canada is investigating the death of an inmate at a federal prison outside of Winnipeg.

Officials say Clayton Korski, who was 33, was found unresponsive Monday at the medium security unit at Stony Mountain Institution.

Staff say first responders could not save Korski, who was serving a life sentence for first-degree murder. THE CANADIAN PRESS



Stony Mountain Institution  
METRO



## CHARITY

# Company to donate car to kids' club

The clever folks at Boyd Autobody and Glass have found a way to turn a total loss into a huge gain for the Boys and Girls Clubs of Winnipeg.

Boyd's Miles of Smiles program will donate a 2014 Chrysler Town and Country, a car that was a total writeoff, to the Clubs.

Manitoba Public Insurance donated the car.

This is the second year in a row Boyd has donated a vehicle

under Miles of Smiles.

The car will be used to transport children to and from activities, which will allow them to participate in events they otherwise might miss.

Boyd is also running a school supplies donation drive for Boys and Girls Clubs.

Winnipeggers are invited to drop off school supplies at any Boyd Autobody and Glass location.

METRO

## OH CANADA

# Rockumentary coming to Winnipeg

Paul Anka and Neil Young have more in common than you, or even they, might realize.

They're both Canadian performers who made it big on the world stage and now their music is part of a travelling rockumentary that arrives at Winnipeg's MTS Centre Nov. 4.

Oh Canada, What A Feeling celebrates Canada's rich musical history with a live band performing songs by Anka and Young as well as others like Gordon Lightfoot, The Guess Who, Anne Murray, Loverboy, Rush and Bryan Adams,

to name a few.

The show will feature historical and musical footage as a backdrop to the live performers.

Oh Canada, What A Feeling has played at Toronto's Prince of Wales Theatre and is hitting the road for the first time this fall.

A portion of ticket proceeds will go to MusiCounts and the Unison Benevolent Fund.

Tickets go on sale Aug. 28. For more information go to ohcanadawaf.com.

METRO



Neil Young is one of the Canadian artists being honoured at Oh Canada, What A Feeling, coming to MTS Centre Nov. 4.

METRO FILE PHOTO



Denise Pambrun objected to former mayor David Sanders being called to the stand saying he is not an expert or personally affected by the system. DAVE BAXTER/METRO

# City lawyer: No 'evil plan' for rapid transit

## SOUTHWEST CORRIDOR

## Public inquiry will continue in the fall



Dave Baxter  
Metro | Winnipeg

A city of Winnipeg lawyer said the city has no "evil plans" when it comes to the second phase of the southwest rapid-transit corridor. Denise Pambrun is representing the city in a public inquiry regarding phase two of Winnipeg's rapid transit system.

"It seems my learned friends keep trying to say we have all

these evil plans," said Pambrun, when referring to lawyers representing property owners fighting expropriation for rapid transit.

"There is no evil plan." She claimed on Tuesday that lawyers are picking and choosing facts and figures out of documents as they try to show the controversial Parker lands dog leg route was the wrong choice for phase two.

"The nice thing about documents is you can pick on them and pick things out, and they don't give answers back. Very convenient for my learned friends," said Pambrun.

Pambrun also objected to former mayoral candidate David Sanders being called as a witness at the inquiry on Tues-

**"The nice thing about documents is you can pick on them and pick things out."**

Denise Pambrun, city lawyer

day, and she didn't hold back trying to prove Sanders had no business taking the stand.

Pambrun said Sanders was not an expert, engineer, bus rider or biologist, and is not personally affected by rapid transit.

Sanders has been a vocal opponent of the Parker lands route, and has said he does not

understand why the corridor doesn't run straight down Pembina Highway to the University of Manitoba.

"Are you sure you are not being swayed by your own personal convictions Mr. Sanders?" asked Pambrun.

Sanders denied being a lobbyist and said he has not received any money for taking the stand.

Eight property owners are fighting expropriation, and the inquiry now continues on Sept. 2.

Once done inquiry officer George Ulyatt will make a decision on whether the expropriations are fair and reasonable but the city does not have to change their plan based on Ulyatt's ruling.

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# Dad's end-of-life care inspires walk

## PALLIATIVE CARE

### Nova Scotian's cross-country trek pushes for more funding



**Dave Baxter**  
Metro | Winnipeg

Ian Bos wants everyone in Canada to know what palliative care does for those living out their final days.

The 39-year-old from New Glasgow, N.S., is walking all the way across Canada to raise awareness and push for more government funding for end-of-life care.

He said his dad passed away in January and benefited from palliative care.

"I wanted to do something to honour his memory and let people know the care that he received in the end of his life was second to none," Bos said.

"So I wanted to raise the issue across Canada, because so few Canadians have access to it."

Bos worries that part of the reason people don't know about or have access to palliative care is because Canadians often don't want to talk about death.

"It's something we have to address as a country and as a society."

Palliative care isn't just important for people who are dying, but also for the people who are close to them, said Bos.

"My dad's last days were the best they could be under the circumstances, and not just for him, but for the whole family."

"They managed his pain but they also helped all of us with social support and spiritual support. There are lots of different aspects to palliative care."

Bos walked in downtown Winnipeg on Tuesday along with a number of palliative-care workers, volunteers and

66

**They helped all of us with social support and spiritual support. There are lots of different aspects to palliative care.**

Ian Bos, who's walking across Canada to raise awareness and support for end-of-life care

others who have been affected by palliative care.

"This is so inspiring," said Kelly Cluger, who walked with Bos on Tuesday, and works for the non-profit group Palliative Manitoba.

"Anything that helps bring awareness to what we do is a wonderful thing."

Bos plans to continue his walk all the way to Victoria. He expects to get there by the third week of October.



Ian Bos, left, is walking across Canada to raise awareness for palliative care. DAVE BAXTER/METRO



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**ARSON PROBE** MAN IN CRITICAL CONDITION Winnipeg Police are investigating the possibility of arson in a 5 a.m. fire at this Fifth Avenue home. DONNA MAXWELL/FOR METRO



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# Former aide had audit concerns

## EXPENSE SCANDAL

### Woodcock tells court he never scripted senators' words

A senior aide in Prime Minister Stephen Harper's office who helped manage the government's response to the unfolding senate expense controversies in 2013 says he never "scripted" lines for Senator Mike Duffy or Conservative senators.

Chris Woodcock testified he merely pulled together comments that reflected their own views as they arrived at them independently.

Woodcock appeared defiant and sure of himself. But he stumbled at one part of his testimony when he said he was "uncomfortable" at only one point in 2013 when the PMO was trying to contain the Duffy story.

It was, he said, when emails were exchanged within the PMO discussing Nigel Wright's contact with Sen. Irving Gerstein over the latter's approach to Deloitte auditors. The firm was then doing a review of senate residency



**Chris Woodcock, former director of issues management in the PMO, testified Tuesday that Duffy himself agreed to use the PMO's "lines" almost verbatim.** JUSTIN TANG/THE CANADIAN PRESS

expenses at a senate committee's request.

The communications strategist agreed with Duffy's lawyer Donald Bayne that it would have been "improper" to script the conclusion of an audit, and denied that ever happened. He said, "I felt wary and concerned

that if this was to cross a line" he might become "very" uncomfortable with it, but, he added: "As I recall it didn't get to that point. "It didn't become a large problem."

Woodcock is the third senior PMO aide to testify for the Crown against Duffy in the suspended

senator's trial on fraud, breach of trust and bribery charges.

A key part of the Crown's theory is that Duffy was an equal partner, if not the instigator, of the scheme to be "kept whole" if he admitted a mistake in his claiming \$90,000 in dubious housing expenses and per diems.

Woodcock took issue often with Bayne, insisting he didn't direct what Duffy or other senators should say and that Duffy himself agreed to use the PMO's "lines" almost verbatim with only minor modifications.

Woodcock has already said he never read an email from his

boss Nigel Wright advising that Wright was going to pick up the \$90,000 tab for Duffy's expenses "personally."

But Woodcock agreed with Wright's characterization of the matter in court: That Duffy's expense claims were a "politically embarrassing" story for the governing Conservative party.

Woodcock, who was director of issues management, a key communications strategist in the PMO, said he never really assessed the clarity of the senate rules. Yet he was aware that Duffy may have had an "arguable" case to make that he was legally entitled to claim the housing allowance after filling out forms that designated his primary residence in Cavendish, P.E.I., the province he represents.

He said he was also aware that Wright, then chief of staff to Stephen Harper, and Woodcock's direct boss, held the view that Duffy should not be "claiming for expenses he hadn't incurred."

Duffy's main residence was his longtime Ottawa home, although he designated that as his "secondary residence" for the purpose of seeking reimbursement from the senate for his living expenses.

TORSTAR NEWS SERVICE

## ELECTION 2015

### Greens attack NDP for missing debate

Elizabeth May is accusing NDP Leader Tom Mulcair of giving cover to Stephen Harper by refusing to participate in debates his Conservative rival does not attend.

The Green party leader says it's shameful that Harper — and now Mulcair — won't show up for a scheduled debate on women's issues, which has since been cancelled as a result.

May says the other leaders should be holding Harper's feet to the fire by attending the debates, leaving an empty podium to indicate the prime minister's absence. May, who is running for re-election in Saanich-Gulf Islands, is urging Mulcair to reconsider, saying it's not smart politics for the NDP leader to be so dismissive of a debate about women's issues.

The debate's organizers say they will instead hold one-on-one interviews with the leaders to discuss issues important to women — an alternative Mulcair said he supports, because it allows for a complete discussion.

Mulcair says he would have preferred the full debate format with Harper present, but barring that, the individual interview is the best he can do under the circumstances.

Meanwhile, the Green Party is



**Elizabeth May**  
DARRYL DYCK/THE CANADIAN PRESS

changing a section of its platform after receiving criticism that it's inaccurate and "anti-feminist."

As May was promoting her willingness to participate in the debate on women's issues Tuesday, online critics attacked a section of her platform as harmful to women.

They noted, for example, it does not refer to domestic violence, aside from claiming that "false allegations" are common.

By the end of the day, the party had committed to changing the things people found offensive.

Julian Morelli, the party's communications director, said he's thankful the problems were brought to light.

THE CANADIAN PRESS, WITH FILES FROM JESSICA SMITH CROSS/METRO

## ELECTION 2015

# Harper's campaign trail focus back to economy

A feistier Stephen Harper appeared on the campaign trail Tuesday as volatile world markets pushed the election debate back to his favourite subject: The economy.

The Conservative leader launched a pointed attack on the Liberals' fiscal record of the 1990s, shared his concerns about the global economy and even took the unusual step of emerging from his tightly managed campaign bubble to mingle with ordinary folks in Quebec City.

Harper's day unfolded as turbulent markets rebounded in part from Monday's steep slide,

crude-oil prices bounced back but stayed below \$40 US a barrel and the dollar remained low.

"These are challenging times, but I think they speak once again to why this government's strategy is the correct one," Harper said in Quebec City, where he announced a plan to improve port facilities in the

province.

"You do not — as any financial planner will tell you, whether it's from the prime minister on down — you do not run around and change your plans based on daily market news. You have a long-term plan and you stick to it."

The renewed focus on the economy arrived at an ideal time for Harper.

It has partly overshadowed potentially damaging revelations that have come out at the Mike Duffy trial. Harper has fielded numerous uncomfortable questions related to senator's expenses scandal in recent weeks.



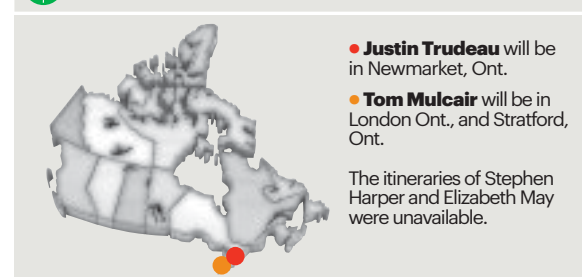
**You do not run around and change your plans based on daily market news.**

Stephen Harper

The shift came as polls suggest Harper is locked in a tight three-way battle with the NDP and the Liberals.

It also coincided with a rare campaign-trail activity for Harper: Greeting people outside of a tightly controlled environment or a partisan event.

## WHERE THE LEADERS ARE TODAY



Harper and his wife, Laureen, emerged from their campaign bus in Quebec City's old town on Tuesday. They greeted people on the sidewalk and inside a coffee shop, where a grinning Harper posed for photos with staff and chatted with customers.

Earlier in the day, a scrappier Harper had used some of his extra energy to criticize his opponents. Harper went on the offensive when asked about Liberal Leader Justin Trudeau's new economic team, which features former prime minister Paul Martin, who helped balance the federal

books during his time as finance minister in the 1990s.

"During the '90s, when the world economy had a better performance than it does right now, the Liberals lost control of the deficit," he said, adding that the Liberals hiked taxes and cut transfers to provinces.

Harper himself, however, has repeatedly been forced to defend his own track record, particularly after the economy shrank in each of the first five months of 2015. The decline was has been blamed in part on the oil-price collapse.

THE CANADIAN PRESS





Ottawa Mayor Jim Watson is shown at the Big Cities summit in Toronto in February. CHRIS YOUNG/THE CANADIAN PRESS

## Tories skip Ottawa meet

ELECTION 2015

### 3 candidates cancel briefing session with city's mayor



**Michael Woods**  
Metro | Ottawa

Ottawa Mayor Jim Watson's efforts to meet with federal election candidates hit a snag Tuesday morning when no Conservative candidates showed up to a briefing at his office.

Watson has invited candidates from all parties to meetings about matters important to the city, such as transit, infrastructure and affordable housing.

Watson said most Conservative candidates didn't respond to his invitation.

Three had confirmed their attendance — Pierre Lemieux (Glengarry-Prescott-Russell), Walter Pamić (Kanata-Carleton) and Damian Konstantinakis (Ottawa Centre) — but all of them subsequently cancelled.

"When we had to send out notification that no one was showing up, obviously I was disappointed," Watson said Tuesday morning.

But 20 minutes after Watson tweeted news of the no-show, he said Pierre Poilievre, the regional minister for Ottawa, called him to reschedule.

"He indicated there seemed to be some confusion on their

part about the date," he said.

"If we hadn't had that outreach from the Conservatives, obviously I would have been very disappointed and somewhat frustrated at the lack of participation," Watson added.

"But I think they're doing their best to put that behind them and come up with a date and show up and get briefed."

Watson said he understands candidates are bombarded with requests during a campaign. But he said the meetings are not partisan; they're factual briefings conducted to give the parties a better understanding of the issues.

There are certain items on which he and the Conservatives don't see eye to eye that could come up. For example, the city has asked the feds to move the location of the controversial victims of communism memorial.

But the Conservatives have committed to funding a third of the next phase of the city's light rail project, for up to \$1 billion.

"That's why I initially found it strange that we didn't have a turnout of Conservatives, because they can speak quite positively about their investment in transit with their firm commitment a few weeks ago on Phase 2," Watson said.

Watson met with the full slate of local Liberal candidates last week and Green candidates on Monday. He's scheduled to meet with NDP candidates next week.

#### NEW BRUNSWICK

## Court case challenges liquor law

The New Brunswick Liquor Corp. could go out of business if a New Brunswick man successfully argues that he has a constitutional right to buy beer in Quebec for his personal use, says a senior official with the province's liquor corporation.

Richard Smith, senior vice-president with the NB Liquor Corp., testified Tuesday at a court hearing where Gerard Comeau of Tracadie is mounting a constitutional challenge

after he was charged with illegally importing alcohol.

The New Brunswick Liquor Control Act limits anyone in the province from having more than 12 pints of beer that weren't sold by a provincially-licensed liquor outlet.

Without that legislation to prevent the direct sale of alcohol to consumers by producers, Smith said "it would risk putting us out of business."

Comeau launched his con-

stitutional challenge over the right to buy cheaper beer in Quebec and bring it over the border after he was arrested in October 2012.

He was caught with 12 dozen beer and three bottles of liquor that he had bought in nearby Pointe-a-la-Croix, Que.

"I'm a Canadian citizen, I should be able to buy my merchandise wherever I like," he said outside the court.

THE CANADIAN PRESS

#### IN BRIEF

##### Agency investigating outbreak of E. coli cases

Public health officials are investigating an outbreak of E. coli infections this summer.

The Public Health Agency of Canada reported 24 cases of E. coli in Alberta, Ontario, Quebec and Nova Scotia. The agency reports an average of 440 E. coli infections across Canada per year. THE CANADIAN PRESS

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# One womb unites three generations of family

## HEALTH

## Woman gives birth after her own mother donates uterus

For one family in Sweden, a pioneering procedure has led to a baby being born from the same womb that nurtured his mother, uniting three generations.

The new mother, who lost her own uterus to cancer in her 20s, said it was “unimaginable” that she now had her own child, thanks to her mother’s donated womb.

“It can’t be described how happy we are,” she told The Associated Press in an exclusive interview. “It’s everything that I hoped for and a little bit more,” said the woman, who asked that she and her mother not be identified in order to protect the privacy of her 9-month-old son.

Dr. Mats Brannstrom, who is behind the revolutionary process, has ushered in four babies — all boys — with transplanted wombs; a fifth is on the way. He said there was something very special about this case: “It’s one uterus bridging three generations of a family.”

Before his breakthrough, there had been two attempts

to transplant a womb — in Saudi Arabia and Turkey — but no live births. Doctors in Britain, France, the United States and elsewhere are planning similar operations with wombs from women who have died recently, not living donors.

Brannstrom, a professor of obstetrics and gynecology at Sahlgrenska Hospital at the University of Gothenburg and Stockholm IVF, first transplanted wombs into nine women about two years ago as part of an experimental study, including the new mother, who was the

**“This (procedure) was impossible until Brannstrom did it.”**

Dr. Antonio Gargiulo, endocrinologist

first. Complications forced the removal of two of the wombs. The women in the trial were either born without a womb or had it removed due to cancer.

Brannstrom and his colleagues are planning more groundbreaking womb transplant procedures.

Experts marvel at Brannstrom’s work and described it as the biggest breakthrough in fertility medicine since IVF.

“This was impossible until Brannstrom did it,” said Dr. Antonio Gargiulo, an associate reproductive endocrinologist at Brigham and Women’s Hospital in Boston who has not been involved in the operations.

THE ASSOCIATED PRESS



A mother holds her child in an apartment in Gothenburg, Sweden. The procedure has led to a baby being born from the same womb that nurtured his mother. MARIA CHENG/THE ASSOCIATED PRESS

## BRITAIN

## Big Ben’s bongs all wrong

Don’t set your watch by Big Ben.

Officials say the famous clock at Britain’s Parliament — used by Londoners for decades to check the time — has recently been slow by as much as six seconds.

The 156-year-old clock chimes every 15 minutes and emits deep bongs to mark the hour. Its inaccuracy was noticed by staff at BBC radio, which broadcasts the bongs live at 6 p.m.

Ian Westworth, one of Parliament’s three clocksmiths, told the BBC the clock had become “a little temperamental” with age.

“Imagine running your car for 24 hours a day, 365 days a year for the last 156 years,” he said.

Parliamentary officials said Tuesday that mechanics had corrected the clock to within “normal parameters” — within 2 seconds of the right time. They will continue to adjust it by placing pennies on the pendulum — or removing them — to fine-tune its speed.

Parliament’s neo-Gothic clock tower is one of London’s most recognizable landmarks, and its bell is one of London’s characteristic sounds.

The famous bongs echoed through the city without fail through World War II bombing raids, though they have been silenced a few times for repairs, and by accident or the weather.

THE ASSOCIATED PRESS

## IN BRIEF

### Train attack in France spurs terror investigation

Authorities are formally opening a judicial investigation into terror-related acts after a thwarted attack on a high-speed train last week. Prosecutor Francois Molins said the decision was based on the actions by 26-year-old suspect Ayoub El-Khazzaoui. THE ASSOCIATED PRESS

### Caitlyn Jenner may be charged in fatal crash

Prosecutors began reviewing evidence and considering whether charges should be filed against Caitlyn Jenner over a traffic collision that killed a 69-year-old woman earlier this year. THE ASSOCIATED PRESS

## ENVIRONMENT

## Huge loss in butterfly habitat

Illegal logging more than tripled in the monarch butterfly’s wintering grounds in central Mexico, reversing several years of steady improvements, investigators announced Tuesday.

Almost all of the loss occurred in just one rural hamlet in the state of Michoacan. Loggers cut down 47 acres (19 hectares) of trees in San Felipe de los Alzati since last year’s gathering of butterflies.

A total of 52 acres (21 hectares) of forest in the reserve were lost, including losses due to drought or pests.

That’s the highest figure since 2009, well above the 20 acres (8 hectares) lost in 2014, according to the announcement by the World Wildlife Fund and the Insti-



Monarch butterflies hang from a tree branch in the Piedra Herrada sanctuary. REBECCA BLACKWELL/THE ASSOCIATED PRESS FILE

tute of Biology of Mexico’s National Autonomous University. The 2014 loss was about 12 acres (5 hectares) due to logging and 8 acres (3 hectares) to drought.

The forest canopy is a sort

of blanket against cold for the masses of orange-and-black butterflies that form huge clumps on tree branches during their winter stay in Mexico.

THE ASSOCIATED PRESS

## LION

## Safari guide killed in Zimbabwe park

A lion charged and killed a safari guide who was leading a group of tourists in the same national park in Zimbabwe that was the home of Cecil the lion who was controversially killed by an American bow hunter in July.

Quinn Swales was leading a walking safari in Hwange National Park when he spotted six lions on Monday, police spokeswoman Charity Charamba said Tuesday.

“One of the lions had cubs and they became hostile. Mr. Swales at first manage to scare the lions away but then the male lion later made a U-turn and attacked him,” Charamba told The Associated Press.

None of the tourists were

harmed, she said.

Swales was taking six tourists on a walking safari when he spotted fresh lion spoor and decided to track a pride of lions consisting of two females, two cubs and two males, according to the Zimbabwe National Parks and Wildlife Management Authority.

The lion, named Nxaha, attacked Swales, the parks authority said. The lion had a collar that allowed researchers to track his movements. The killing of Cecil in July by dentist James Walter Palmer just outside Hwange park sparked outrage in the United States. Cecil was also collared for an Oxford University study.

THE ASSOCIATED PRESS



# Help from Down Under

## WILDFIRES

### Washington firefighters battling largest blaze on record

Firefighters in Washington state were grateful to learn Tuesday that reinforcements were arriving from Down Under.

The firefighters kept a wary eye on rising temperatures and winds that threatened to expand what's already the largest wildfire on record in the state.

The Okanogan fires, which have claimed the lives of three firefighters, grew by 6.7 square kilometres Monday night and have now burned 1044 square kilometres. At least 1,345 people were battling the flames, officials said.

The U.S. National Weather Service issued a red-flag warning for the area, saying temperatures were expected to climb into the mid-30s Celsius as humidity dropped and winds gusting to 32 km/h.

"Hot, dry and unstable con-



New Zealand firefighter Warren Heslip gets a shirt at a staging area in Idaho. THE ASSOCIATED PRESS

ditions will create an environment conducive to increased growth on existing wildfires," the weather service said.

Later in the week, the forecast offered the potential for light showers and thunderstorms in Washington's Okanogan County, which is about



### The Aussies are coming!

Fire information officer  
Rick Isaacson

120 kms south of Penticton, B.C.

Seventy-one firefighters from Australia and New Zealand picked up equipment Monday at the National Inter-agency Fire Center in Boise, Idaho, before heading out to help a ground campaign led by firefighters from across the

West and augmented by U.S. soldiers.

"The Aussies are coming!" said Rick Isaacson, a wildfire information officer.

Sixteen of the Australian firefighters will be assigned to those fires and were expected to arrive there Thursday. They are mid-level fire managers who will mostly work in support functions, although some may operate bulldozers, Isaacson said.

Firefighters across the West have been overwhelmed this summer by destructive blazes tearing through the tinder-dry region.

The U.S. is in the midst of one of its worst fire seasons on record with some 20,000 square kms scorched so far. So many fires are burning in Washington that managers are taking extreme measures, summoning help from abroad and 200 U.S. troops from a base in Tacoma in the first such use of active-duty soldiers in nine years.

Also, nearly 4,000 volunteers answered the state's call for help, far more than will be accepted. THE ASSOCIATED PRESS

## BOSTON BOMBINGS

### Death penalty doubts

A juror in the trial of Boston Marathon bomber Dzhokhar Tsarnaev says he probably would not have voted for the death penalty had he known that the families of some victims preferred a life sentence.

Kevin Fagan told WBUR-FM that he likely would have changed his vote in the penalty phase had he been aware of the opposition to the death penalty by the parents of eight-year-old Martin Richard. Martin was killed by one of two bombs detonated by Tsarnaev, then 19, and his brother. The bombs killed three people and injured more than 260.

"If I had known that, I probably — I probably would change my vote. But then again, if I knew that, I wouldn't be on the jury either," he said. The judge ordered jurors to avoid media coverage of the trial.

Fagan, 23, said he believed the defence claim that Tsarnaev was influenced by his older brother, Tamerlan, 26, who was killed days after the bombings.

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Canadian and U.S. flags fly side by side in St. Bernard Parish in September 2005. CONTRIBUTED

## special feature

**After Hurricane Katrina hit, the first outside help to arrive in one devastated community was a team of Canadians. Metro's **Rosemary Westwood** reports from New Orleans.**

# Rescued by the 'Mounties'

**This is the first in a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Katrina.**

St. Bernard, Louisiana.

Wanda Crownin sits smoking a cigarette in Lehrmann's Bar, in a booth beside the pool tables, the weekend before the 10-year anniversary of Hurricane Katrina.

The bar was made famous for staying open through the storm and ensuing crisis, an air-conditioned oasis for first responders including a 46-member heavy search-and-rescue (HUSAR) team from Vancouver, some of whom rescued Crownin's mother.

"They floated her on a mattress to St. Bernard highway, and a helicopter took her out across the water," she says.

"We're always grateful."

Shaun Murphy, then a captain with the St. Bernard fire department who now lives in Tennessee, remembers first spotting the Canadians in the days after the storm.

"I saw these guys coming out of one of our neighbourhoods," he tells me. "I knew everybody who was supposed to be there. One of them said they needed some help to get a lady out of the house. And I said, 'Who are you guys?' He said they were from the Canadian search-and-rescue. I said, 'I'm not trying to be a smart ass or anything, but where the hell did you come from?' At that point no one was helping us — we were on our own."

"It was very mixed emotions," Murphy says. "One, the

fact that somebody was actually there to help us was awesome, and the other part is that I can not believe, for the life of me, the United States of America, as big as they are, wasn't here, and the first help we got was from outsiders."

St. Bernard is a separate municipality adjacent to New Orleans, a bedroom community, a rural home to fisherman and shrimpers, and an industrial hub with a sugar refinery and two oil refineries. Before Hurricane Katrina, 66,000 residents lived there.

"The wind shifted after the eye passed," remembers Fire Chief Thomas Stone, who weathered Katrina's battering from inside his office on Aug.

29, 2005. "And I'm thinking, 'Oh, I think we made it.' Wrong."

The levees of the Industrial Canal to the west broke first,

and left thousands of people stranded in sweltering heat.

\*\*\*

While people all along the

**"The wind shifted after the eye of the storm passed. And I'm thinking, 'Oh, I think we made it.' Wrong."**

**THOMAS STONE, ST. BERNARD PARISH FIRE CHIEF**

and Stone watched whitecaps roll up the road. The water rose 4½ metres in 20 minutes. It thrust houses into streets. It cut electricity, downed cell towers

Gulf Coast had fled the Gulf Coast, Tim Armstrong was trying to find a way in.

The province of B.C. had offered assistance to Louisiana,

and Armstrong — one of the leaders of Vancouver's HUSAR team — secured a plane. They took off for Baton Rouge (New Orleans' airport was closed), but had to re-route to Lafayette mid-flight when they heard Baton Rouge was out of fuel. Upon landing, the team made its way to Kenner, where — within a 30-minute drive of the devastated communities — they were almost sent home.

The now infamously slow U.S. government response had left victims of the flooding without food and water for days. There were rumours of mass looting and civil unrest (much of it later proved unfounded — people had mostly taken food and basic supplies). Authorities were preparing to send in the National Guard.





## “You actually feel you made a difference ... I feel proud that we were down there and we were Canadian.”

**TIM ARMSTRONG, VANCOUVER HEAVY SEARCH AND RESCUE**

Rescue operations were on hold, the Canadians were told. They might as well leave.

“We’re like, what? We’ve gotten all the way here to support and help and now they say there’s no mission for you,” Armstrong remembers, incredulously still in his voice.

Then two detectives with Louisiana State Police walked in. There’s a problem in St. Bernard Parish, they said. “The

town’s totally under water, and the locals are trying to do the best they can and there’s been no outside help come in there.”

The Canadians had a mission.

\*\*\*

Armstrong’s first look at the community was of rooftops poking out of water as far as the eye could see. At emergency-operation headquarters, Armstrong met Henry “Junior” Rod-

riguez, St. Bernard’s outspoken and boisterous equivalent of a mayor, and the reason why, to this day, some in St. Bernard still falsely believe they were rescued by the RCMP.

“He had a gavel and a jar of dill pickles beside him and a dog curled up around his feet,” Armstrong remembers.

“Vancouver, where’s Vancouver?” Rodriguez asked. Canada, he was told.

“He stood up and said, ‘Hey everybody, the Mounties are here!’”

\*\*\*

Before the Canadians arrived, Chief Stone already had about 100 firefighters commandeering any fisherman’s boat they could find to search for survivors. With the Canadians came more resources and equipment, and a more sophisticated operation.

There were 25,000 houses and 3,000 businesses to search. The teams would start 12-hour shifts at 6 a.m. It was grueling, gruesome work.

“The temperatures were in the high 90s, the humidity was very high,” says Stone. “You’d go all day with a sandwich and a few bottles of water, so it was, like, rapid weight loss.” He laughs a little.

“It was miserable. Everything you can think is in the flood water: human waste, dead animals, dead humans, hazardous materials that people keep in



## “People were in desperation mode ... It was just absolute chaos, like you’ve never seen before.”

**TIM ARMSTRONG**

their homes.”

A tank at one of the oil refineries was damaged, spilling about 1.1 million gallons of crude into the water too. They came across giant snakes while searching homes.

“People were in desperation mode,” Armstrong remembers. “Everywhere we turned, people running out of their medications were swarming us when we’d arrive in areas. Trying to find someone to communicate with their loved ones. It was just absolute chaos, like you’ve never seen before.”

Stone shows me a map of the community peppered with little red dots representing each of the 129 bodies found. Armstrong’s first fatality was a mother whose family had floated her on a mattress for days, and who died from the heat.

“It was really heart wrenching to get people out of there, and then they still had no real place to go, and didn’t know what was in store for them,” Armstrong wrote in a dispatch from Sept. 3.

Ronnie Lehrmann, owner of Lehrmann’s Bar, remembers the Canadians as among his rescue-worker clientele.

“We opened up from seven to 10, and sometimes six till 10, and we just gave everything away,” he said.

“Sometimes you had 50 or 100 on the street out there waiting to get a cold beer. We had to blow a whistle every 15 minutes, say, ‘OK, 10 people out, 10 people in.’”

\*\*\*

In the decade since the storm, firefighter Shaun Murphy has become a Canucks fan, and Armstrong and Stone have be-

come friends. Armstrong has been back to visit St. Bernard twice — he’s now an honorary citizen — and Stone has visited Vancouver.

It’s a friendship encapsulated in a single photograph, snapped as the Canadians were preparing to pull out after an exhausting week of operations. The team gave Stone a large Canadian flag, and he told them to hoist it on a makeshift flag pole.

“Then some of the U.S. Coast Guard guys got a little uppity about having a Canadian flag displayed,” Armstrong says. “Of course, in true U.S. style, they had to find a bigger flag and fly it a little higher.”

Katrina still looms large in St. Bernard Parish. Half the population had still not returned by 2010. Sprawling, lush lawns

mark where houses used to sit. Stone jokes that St. Bernard is now the dollar-store capital of the world, while grocery stores remain scarce.

On Friday, Aug. 7, Armstrong got a package at his New Westminster office. Sent by Dani Babineau, whose cousin was rescued by the Canadians. It contained a thank-you card, and a box of T-shirts that read “Mounties are our heroes to St. Bernard.”

“You actually feel you made a difference in not just one person’s life, but many,” Armstrong says of that week in St. Bernard. “And I feel proud that we were down there and we were Canadian.”

**Tomorrow: A Canadian helps rebuild the Lower Ninth Ward**



## “It was really heart-wrenching to get people out of there, and then they still had no real place to go.”

**TIM ARMSTRONG**

### QUICK GUIDE: VANCOUVER HEAVY SEARCH AND RESCUE TEAM



According to the City of Vancouver, the Heavy Urban Search and Rescue (HUSAR) Task Force is a special operations team of up to 120 members with medical, fire suppression, emergency response, search and rescue, and engineering backgrounds.

The task force rescues victims from major structural collapses and other hazards.

The HUSAR Task Force includes:

- Structural engineers
- Heavy rigging specialists
- Search specialists
- Logistics specialists

- Rescue specialists
- Medical specialists
- Physicians

The team was deployed to St. Bernard Parish on Sept. 2, 2005, and returned to Vancouver on Sept. 6. Over the course of their mission, they rescued more than 100 people.





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# Chinese interest rate cut fuels TSX rebound

## STOCKS

### Loonie dips below 75 cents U.S. for first time since 2004

The Toronto Stock market recovered some ground Tuesday, making up for much of the loss of the previous session as China again cut interest rates in a move aimed at reviving the world's second-largest economy.

The TSX/S&P composite index was ahead 287.02 points at 13,339.76 in mid-afternoon trading, after falling more than 420 points on Monday. But the loonie continued to take it on the chin, falling to 74.93 cents U.S. by the end of the day, the first time it has been below the 75-cent mark since mid-2004.

Tim Caulfield, director of equity research at Franklin Bissett Investment Management, said Canadians have reason to be hopeful after the pounding the Toronto market has taken since the price of oil began sliding.

"A lot of the bad news is being priced into the market so when we look forward we



The ticker in Times Square announces an upswing in market values Tuesday in New York City. MARY ALTAFFER/THE ASSOCIATED PRESS

become more optimistic about future return potential," he said.

The move by China's central bank to cut interest rates came after the Shanghai index dropped to an eight-month

low Tuesday following a string of recent plunges that took it below the 3,000 mark for the first time since December.

China's economic slowdown started as a side effect of the Communist party's plan to

steer the world's second-largest economy to a "new normal" of lower, steadier growth. It has turned into a nosedive that the party is struggling to reverse. THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

## BACK TO SCHOOL

# Students shopping more online: Google

Students are flocking online for their back-to-school buys — and they're starting early.

Google consumer surveys found that 26 per cent of post-secondary-aged Canadian students said they'll be shopping more for back-to-school items this year compared to 2014. What's more, 20 per cent planned to

be finished the task a month before school starts, while 55 per cent will be wrapped up by Labour Day.

Back-to-school searches on mobile devices have surged, doubling from 2013 to 2014 and increasing more than 50 per cent in 2015 compared to the same time period last year.

Google said 48 per cent of Canadian smartphone making purchase decisions faster now compared to a few years ago because they're researching on their devices. Within an hour of an original mobile search, 75 per cent of "conversions" take place, such as downloads, store visits and purchases. THE CANADIAN PRESS



Amazon's web browser. RYAN REMIORZ/THE CANADIAN PRESS

## market minute

|  |   |
|--|---|
|  | <b>DOLLAR</b>                           |
|  | 74.93¢ (-0.47¢)                         |
|  | <b>TSX</b><br>13,339.76 (+98.19)        |
|  | <b>OIL</b><br>\$39.31 US (+\$1.07)      |
|  | <b>GOLD</b><br>\$1,138.30 US (-\$15.30) |
| <b>NATURAL GAS:</b> \$2.695 US (+3.9¢) |   |
| <b>DOW JONES:</b> 15,666.44 (-204.91)  |   |

## TECHNOLOGY

# TuneIn launches ad-free service

TuneIn, the app that gives users free access to thousands of live radio stations around the world, is launching an \$8 US premium monthly subscription service that throws in ad-free listening, audiobooks and live play-by-play coverage of Major League Baseball and soccer from the Premier League and the Bundesliga.

The seemingly disparate offer caters to listeners who have varied tastes, says TuneIn CEO John Donham.

That could be news in the morning, music at night, live sports whenever a good game is on, and a good book for long commutes.

"It turns out people want more than just one thing," he said.

The package is meant to emulate the kind of mix one gets from satellite radio giant Sirius XM: premium sports, talk shows and commercial-free music.

The offer launches in the U.S. on Tuesday, as well as

in Canada where it'll cost \$9 per month for Canadian users.

Ad-free listening is initially tailored to 600 Internet radio stations.

Terrestrial radio stations in the U.S. and abroad are planned to be added in the next few months, Donham says.

Launching a paid tier in addition to its free ad-supported service is born from the desire to add more content to the site that cannot be paid for simply with ads, "If you reduce the number of ads by 10 per cent, the value of each ad would go up," he says. THE ASSOCIATED PRESS

The app's interface. THE ASSOCIATED PRESS/TUNEIN



## metro's election explainer

### How does the economy affect voting day?

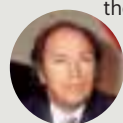
**It's been a rough couple of weeks in the markets**, with the Toronto Stock Exchange plunging seven per cent in the past month and the U.S. S&P 500 losing 10 per cent. The economy is on voters' minds as a recession looms, oil slumps and Greece and China stoke instability.

How is this likely to affect the federal election campaign? There are a few clues. A 2006 study of 27 democratic countries found the weeks surrounding an election tend to coincide with significantly more volatility in the markets, especially if the race is close, or power ultimately changes

hands. According to Yale economist Ray C. Fair's model, a strong economy (of which the stock market is only part) tends to make undecided voters wish for more of the same and favour the incumbent candidate. Here's a trip down not-so-good-memories lane that could shed light on what the next weeks might bring amid an economy and an election both very much up in the air.



**1935** Voters blamed Prime Minister R.B. Bennett for not doing enough to stimulate the economy during



the Great Depression. He was trounced by Liberal William Lyon Mackenzie King.

**1960s-70s**

Buoyed by a booming postwar economy, the Liberal Party saw five consecutive victories between 1963 and 1974 — but at the end of that time inflation and malaise had set in. Liberal Pierre Trudeau secured the PM's job by a margin of just two seats.

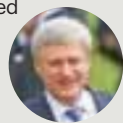
**1993**

Battered by recessions, deficits and an unemployment rate of 11.3 per cent, Kim Campbell's Conserva-

tives were crushed, losing 167 seats and official party status.

**2008**

During a fall election in the middle of the global economic meltdown, Conservative incumbent Stephen Harper preached the need for stability. He won a minority and, by proroguing parliament, averted an attempt by opposition parties to form a coalition and take him down. The Toronto Stock Exchange, ever averse to change, cratered by about 1,000 points over the course of a week.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: [readers@metronews.ca](mailto:readers@metronews.ca)

## URBAN ETIQUETTE: ELLEN VANSTONE ON COEXISTING WITH CANINES



### THE QUESTION

**I live near a park where dog owners let their dogs off leash in the on-leash area. Should I say something?**

if there are little kids around who are clearly in danger, you'd be better off advising the children and their caretakers to leave the area rather than single-handedly trying to get the dog owners to take their fanged beasts elsewhere.

You might also — as you herd the groups to safety — discreetly call the city or police to report the behavior.

If, on the other hand, the pet owners you are passing appear to be civil human beings, and their dogs are cute and friendly, I encourage you to politely but firmly request they use the off-leash area.

This is not just your right, it's arguably your moral duty.

Owners who illegally let their pets romp off leash turn public opinion against dog owners, and make it much harder to win much needed space for off-leash romping.

There's also the question of hygiene. Even if the owners scoop any poop in the area, I doubt they're going to remove every last molecule of feces from the grass where you might want to sit, or lie down, or picnic, or let your own

small mammals crawl around, taste-testing everything they can get their paws on.

The website doodycalls.com says the bacteria in dog waste can cause cramps, diarrhea, intestinal illness and serious kidney disorders in humans. And even cute and friendly dogs are still dogs; they get excited and jump and nip. At best they can trip you as they dart across your path, or snag your favourite sweater when they leap up to show you how much they love you. At worst, a darting, nipping mutt of any size can terrify the infirm or elderly, and easily draw blood from a toddler or infant, which must then lead to rabies shots and,

possibly, a lifelong fear of dogs, not to mention talk of putting down the pooch.

Finally, note that restricting dogs to enclosed, off-leash areas is also safer for the dogs. In Edmonton this year, dog owners are lobbying the city for more fenced-in areas after several dogs were reportedly killed in traffic near a popular off-leash area.

Don't worry about being a party pooper for the pups. You may be spoiling their fun in the moment, but you'll be doing them a favour in the long run.

**Need advice? Email Ellen**  
[scene@metronews.ca](mailto:scene@metronews.ca)



## metroview

### I quit drinking. I felt amazing. And it ruined my dating life.



**Liz Beddall**  
Metro | Toronto

I had an epiphany in October. I had passed out in the midst of yet another binge-drinking/ binge-eating session and, upon waking with belly full and mind numb, it occurred to me that perhaps it was time to set this habit aside for a while, just to see what happens. So I did — and things happened.

Twenty pounds shed and happy as a clam, I'm now enjoying the most awake, energized period of life since I was a teenaged alcohol-virgin. I'm proud to bring San Pellegrino to parties, and I feel great while my friends are banging their morning heads against Advil and home fries.

But then that pulsating red heart pops up on Tinder, indicating a match, and I remember what's been lost.

The ongoing scandal of dating in 2015 has been exhaustively documented: Breakdowns over text message, heightists, weightists, no-shows, no apologies, no resemblance to the profile pic. It's an emotionally perilous venture, fraught with heart-break, confusion and anxiety. And into this chaos I now had to tread without my wingman, the sweet, socially stabilizing companion called alcohol.

My sober dates thus far have been plentiful and tough. Alcohol is routinely brought up within the first two minutes and I, candid to a fault, often give over the truth immediately: "I don't drink, but please,

please drink — drink abundantly, get drunk enough for both me and you." The confession invariably sends the date into sombre territory, a sterile atmosphere pervades, and the businesslike conversation ends with a stiff hug.

Back in my alcohol-soaked and very successful dating past, I didn't even have to get drunk. The social leeway afforded by the mere suggestion of intoxication — the free-flowing flirtation, the easy conversation, the silliness and (possibly feigned) charm that comes after even one drink — is so tied up in the ritual that, without a bottle in hand, my companions and I were lost.

Sure, my life was never better, but my dating life was never worse. So guess what I did? I decided that I would allow myself up to two drinks when on out-of-the-house dates. And so, following my next rightward swipe, at the risk of guilt and regret, I sipped. And it was amazing. Stella needed to get her groove back, and she got it — with a little help from her friend, Ms. Artois.

Over a glass of soda water I rationalize thusly: Growing up means seeking a balance, sometimes awkward, between an expression of happiness at night and confidently facing our reflections in the morning. As long as we're actively attempting to find the best footing on our own high wire, moral compromise is not only permissible. At times, it can be straight-up delicious.

Cheers my dears — and see you on Tinder.

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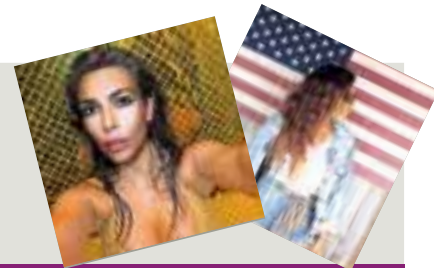
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**PHILOSOPHER CAT**  
by Jason Logan

REALITY IS THAT WHICH, WHEN YOU STOP BELIEVING IT, DOESN'T GO AWAY

PHILIP K. DICK





B.C. produces the most blueberries in the country, with 800 growers in the province. THE CANADIAN PRESS/HANDOUT

# Blueberry fields forever

## AGRICULTURE

### Time is ripe to buy from Canada's vast fresh crop

Whether they're cultivated or wild, juicy Canadian-grown blueberries are in stores now.

A hot dry summer in B.C. — which produces the lion's share of the fruit in this country, with more than 800 growers in the province — has meant the crop is farther ahead than usual.

While they're generally harvested until the first week of October, "we're going to be lucky if we go to the first week of September this year," says Debbie Etsell, executive director for the British Columbia Blueberry Council.

Meanwhile, on the East Coast, the harsh winter delayed the start

of the wild blueberry harvest by about a week.

"The harvest is a race with winter," says Peter Rideout, executive director of the Wild Blueberry Producers Association of Nova Scotia.

"The fruit won't stand any frost at all on the vine so even though most of them go in the freezer as soon as we harvest them, they won't stand any freezings.

"If we happen to get an early September frost, that would be a concern on fruit that hasn't been harvested."

There are two basic types of blueberries. Highbush, or cultivated, bear larger berries. Lowbush, or wild, are smaller.

The highbush plant was derived about a century ago by Elizabeth Coleman White, a New Jersey woman who teamed with botanist Frederick Coville to domesticate the wild blue-

berry plant.

Wild blueberries grow across the northeastern continent up into the boreal forest, with the commercial highbush crop coming mainly from B.C., the Maritimes, Quebec and Maine, says Rideout. A small amount come from Newfoundland and Labrador and northern Ontario.

Look for fairly firm, sweet-smelling berries with no signs of mould or mildew and no crushed berries in the box, Foodland Ontario advises.

Store them loosely covered in their clamshell containers or transfer to a self-sealing plastic bag and refrigerate or freeze.

Take out what you need and wash just before use. Blueberries have a natural bloom — a silvery sheen — which is nature's protection. If you wash it off before storage, the berries won't keep as long, Etsell says.

About 90 per cent of the

wild blueberry crop is frozen within 24 hours of harvest, which involves laborious hand raking and separating the berries from twigs and leaves.

"We put everything in the freezer quick as we can at harvest time and then afterwards when things quiet down a bit a lot of that frozen fruit will be transformed into dried fruit or fruit purée or preparations for dairy product," such as yogurt and ice cream, Rideout says.

Both wild and fresh blueberries are packaged frozen for sale throughout the year in grocery stores.

The U.S. and Japan are big export markets for both wild and cultivated Canadian blueberries.

THE CANADIAN PRESS



ISTOCK

## WORD OF MOUTH

### Finding your thrill on berry hill

Wild blueberry picking is the most romantic date. Think of how much you would learn about a partner: willingness to hunt and pick patiently versus outbursts if the bucket spills, commitment to nature versus tramping on shrubs, resilience to mosquitoes and tolerance to bees (kill a bee, and our friendship is over). But most of all, a love of wild blueberries that runs

so deep he or she would spend an entire day to gather a few cups of the most delicious, high-nutrient fruit grown in North America. Or, you could buy them fresh and in season right now and go to the movies.

A few things I learned about wild versus cultivated blueberries: They grow in nutrient-rich glacial soils and thrive in harsh climates. They have a higher

skin to pulp ratio (read: they're smaller) which means more antioxidants and intense flavour.

Blueberries aren't just for dessert; they are amazing as a sweet pop of taste in savoury dishes. Try:

- A salsa of blueberries, minced purple onions and vinaigrette
- On pizza with feta cheese and basil

- In an omelette with sweet mascarpone cheese along with blueberry tea biscuits

Being versatile, intense, full of life, resilient and hearty are great qualities in potential mates and blueberries. Go figure.

THERESA ALBERT/FOR METRO

*Theresa Albert is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.*

## + RECIPE: BLUEBERRY TURKEY BURGERS



THE CANADIAN PRESS/HANDOUT

**Makes 4 burgers.**

### Ingredients

- 2 tsp vegetable oil
- 3 Tbsp barbecue sauce
- 4 whole-grain burger buns
- 1 lb (500 g) lean ground turkey
- 3/4 cup blueberries, fresh or frozen, roughly chopped
- 1/4 cup chopped green onion
- 1 large egg
- 1 Tbsp whole-grain mustard
- 1 Tbsp chopped fresh parsley or 2 tsp dry
- 2 tsp chopped fresh thyme or 1 tsp dry
- 1 tsp finely minced garlic
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp bread crumbs or ground flax seeds (if needed)

### Directions

In a bowl, mix burger ingredients and form into four 2-cm thick patties. If mixture appears too wet, add bread crumbs. Refrigerate until ready to cook.

Preheat a heavy-bottomed pan or barbecue to 350 F. Grease grill with an oiled paper towel or heat oil in pan.

Sear patties on medium-high heat, cooking for five to seven minutes until browned.

Carefully flip over, reduce heat to medium-low and finish cooking for another five to seven minutes until internal temperature reaches 165 F.

Brush with barbecue sauce and serve on buns with condiments of your choice. THE CANADIAN PRESS



# Discover a testament to taste with recipes

## THE DEHYDRATOR BIBLE

### With this cookbook, you won't need store-bought

In *The Dehydrator Bible*, readers can learn the best ways to dry foods for their pantry and how to use the items in recipes.

An easy way to use up seasonal fruit and create treats to tuck into school lunches is to make fruit leathers.

"You literally purée the fruit, spread it out (on a dehydrator tray) and you've got this wonderful snack," says Jennifer MacKenzie, a home economist and co-author of *The Dehydrator Bible*.

"They come out uniform and you can do some amazing combinations. So instead of buying those fruit snacks from the grocery store you can make your own."

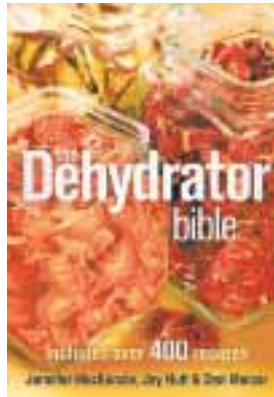
Included in the book are strawberry and banana, apple and grape, peach and vanilla or watermelon, mango and lime (recipe follows), among others.

MacKenzie also suggests making vegetable leathers with roasted pumpkin, squash or mushrooms, which are great to simmer into sauces to boost flavour.

Here's one recipe to try:

#### Apple, Cranberry and Oat Breakfast Crumble

- 2-l (8-inch) glass baking dish, greased
- 375 ml (1 1/2 cups) dried apple slices
- 75 ml (1/3 cup) dried cranberries
- 1 ml (1/4 tsp) ground cin-



namon

- 425 ml (1 3/4 cups) unsweetened apple juice, divided
- 250 ml (1 cup) quick-cooking or large-flake rolled oats
- 30 ml (2 tbsp) whole-wheat flour
- 30 ml (2 tbsp) liquid honey or maple syrup
- Flavoured yogurt, for serving

In a prepared baking dish, combine apples, cranberries and cinnamon.

Pour in 375 ml (1 1/2 cups) of the apple juice. Cover and refrigerate for at least 8 hours or for up to 12 hours.

Preheat oven to 375 F.

In a bowl, combine oats, flour, honey and remaining apple juice, stirring until crumbly. Sprinkle over apple mixture. Bake for about 20 minutes or until fruit is hot and bubbling and topping is crispy. Serve hot or warm, with a dollop of yogurt. Makes 4 servings.

THE ASSOCIATED PRESS



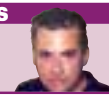
Apple, cranberry and oat breakfast crumble is one of the tasty recipes readers can find in *The Dehydrator Bible*. HANDOUT

## PINOT GRIS

### Yes, Oregon makes good wine

#### LIQUID ASSETS

Peter Rockwell  
@therealwineguy



You're forgiven if you believe California is the only American wine producer. After all, The Golden State pumps out 90 per cent of the juice made in the U.S.

Believe it or not, every state (including Alaska) makes wine, with Washington and Oregon leading the non-Cali pack in production. Though Washington's near desert-like climate may not seem overly grape friendly, it's able to produce amazingly expressive wines; especially from Riesling, Syrah and Cabernet Sauvignon. Oregon wines have a European flare, with Pinot Noir and Pinot Gris (a.k.a. Pinot Grigio) the base of the best of its best.

Firesteed Cellars, owned by venerable Howard Rossbach, is an Oregon trailblazer. Its 2013 Pinot Gris (\$17.60-\$19.99) is a dry, citrus-rich wine that swings heavily towards the Grigio side of the grape variety's personality.

Try it with some fresh white fish, lighter poultry dishes or as an aperitif alongside some prosciutto-wrapped melon.

Prices reflect the range across the country.

Some products may not be available in all provinces.



## STUDY CONTRADICTS COMMON BELIEF

### Fish oil supplements don't prevent mental decline, new research says

Fish oil supplements, which are high in omega-3 fatty acids, do not protect against mental decline, said a study released Tuesday.

The five-year clinical trial, published in the *Journal of the American Medical Association*, is "one of the largest and longest of its kind," according to a statement from the US National Institutes of Health, which funded the research.

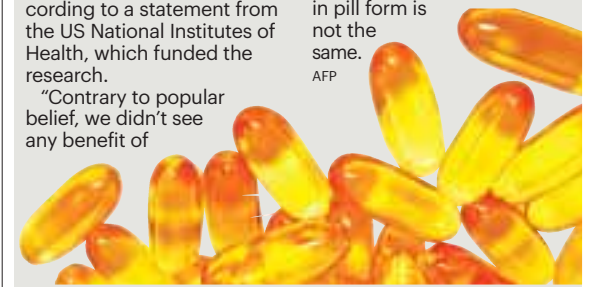
"Contrary to popular belief, we didn't see any benefit of

omega-3 supplements for stopping cognitive decline," said study author Emily Chew.

Omega-3 fatty acids are found in fish oils, and people who regularly eat fish such as salmon, tuna and halibut have been shown to have better eye, heart and brain health than people who do not eat these kinds of fish.

But consuming the oils in pill form is not the same.

AFP



## TAKE IN THE OUTDOORS

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# 5 BEST BEAUTY TRENDS FOR THE NEW SEASON

Fall is an excellent excuse to shake-up your beauty routine. From earthy tones, cat eyes and strong puckers to gothic romance, here are the best makeup looks to keep you on-trend this season. **AFP**



© LEON NEAL/AFP

## 1 Autumn colors

It may sound obvious, but earthy shades are the perfect way to usher in fall. Soft eggplant hues were on show at the Burberry Prorsum AW15 show, keeping the look dreamy and romantic. Chanel has named its new makeup collection Les Automnales and based it on the natural colours of the season, with muted tones illuminated by shimmering touches of gold, bronze or copper, evocative of the plays of light cast by rays of sunlight on tree branches.



© MIGUEL MEDINA/AFP

## 2 Tomcat eyes

The cat eye isn't going anywhere soon, but it has been revamped. Black liner was smudged and grungy at Diane von Furstenberg, straight and masculine at Fendi and exaggeratedly square at Saint Laurent, so feel free to get creative.



© GIORGIO ARMANI PRIVE

## 3 Bold lips

A bold pout in an offbeat color is the style trick that will see you through the winter. Giorgio Armani Privé's "Shocking" haute couture show in Paris focused on punkish and unapologetic pink in the house's new Ecstasy Lacquer lipstick (\$38) in Maharajah, which launches this September, while burgundy was the color du jour on the Roksanda AW15 catwalk. Other options include the new limited edition Pure Color Envy Matte Sculpting Lipstick by Kendall Jenner for Estée Lauder, which comes in a vibrant matte red-orange hue.



© BEN STANSALL/AFP

## 5 Gothic vibes

The shorter days and colder weather are enough of an excuse for us to indulge in a more gothic look, and we'd only be following the fashionable example set at Giles, where smoky eye sockets, pale bases and strong black lipstick set the tone for the season. Take inspiration from Vivienne Westwood, whose AW15 show saw models sporting elaborate smudged eyes, or Alexander Wang, who sent models down the runway wearing the new NARS Aigle Noir Velvet Shadow (\$28).

## 4 Twenties hair

Release your inner flapper girl, for this is the season of Twenties hair. From the cinematic kiss-curls on show at Givenchy to the razor-sharp bobbed hairpieces at Chanel couture, the playful and theatrical nature of the Jazz Age crept into the AW15 shows. If you don't want to go all the way, then consider channeling the look with the help of a crimper or curling iron, a side-swept fringe and some bobby pins.



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## A sports coupe with lots of sport



### REVIEW

### M235i Coupe one of the edgiest models in the BMW catalogue



**Mike Goetz**  
Metro | Canada

The BMW M235i is built to a formula that driving enthusiasts never tire of — put a big engine in a small vehicle. This never fails to make the small vehicle go real good.

The M235i does not let the formula, or driving enthusiasts, down. This is a wonderful and understated sports coupe, which makes the most out of its high-end BMW hardware.

The 2 Series is BMW's smallest car line. The M235i XDrive is at the absolute upper limit of the 2 Series range. The "M" prefix denotes it as one of BMW's new-to-North America "M Performance Automobile" models, which raises the sporting quotient over regular models, but not to the extent of full-on "M" models, such as the M4 Coupe or M5 Sedan.

It features a unique 3.0-litre inline six cylinder cranking out 322 hp and 332 "torques," M-specific chassis tuning with automatically adaptive suspension, upgraded braking, variable sport steering and exhaust, and Michelin Pilot Super Sport tires. The latter is as racy as premium, sporting tires get.

The not-too-dramatic styling is a perfect fit for the dual nature of this car. When you just

want to schlep around town in comfort and save fuel, you can select the COMFORT or ECO PRO settings on the Driving Experience Control and away you go. When you want to access the M235i's wild side, you can select SPORT or SPORT+ and away you go too, but way faster.

The XDrive all-wheel-drive system never detracts from the essential rear-wheel drive feel of this sports coupe. The 8-speed automatic is very frisky, and well suited to engaged driving. The M235i is also surprisingly comfortable over rough pavement.

The cabin is pretty much BMW standard issue, which is to say tastefully done, and with an iDrive master controller and some real switches and buttons (and no touch screen). The front seats are extremely comfortable and extremely adept at holding you in place when you're losing your mind (in a good way) in the corners. Not surprisingly, the rear seats are a bit tight.

The M235i can be had with every connectivity and active safety tech piece on offer by the industry, but as per premium German brand practice, option packages are premium priced. The nice stuff on our tester added another \$9,350 to the \$48,750 base price.

The M235i doesn't seem to have any direct competitors. It's the only compact, two-door, RWD sport coupe from the premium makes; the others offer sport coupes but one rung up in size class (like Cadillac ATS). Other competitors might include FWD-based go-fast premium coupes (like Audi S3), and maybe non-premium RWD coupes (like Ford Mustang).

### THE CHECKLIST | 2015 BMW M235i XDRIVE

#### THE BASICS

**Type.** Premium, compact, two-door, RWD/AWD sports coupe  
**Power.** 322-hp, turbo, 3.0-litre I6  
**Transmission.** 6-speed manual or 8-speed automatic  
**Price.** Base \$48,750 (plus destination)

#### NOTABLE FEATURES

- ConnectedDrive package includes Internet, real-time traffic alerts, and concierge services
- M Performance Exhaust and Adaptive Suspension system
- To save fuel, automatic transmission disengages from engine when drivers take foot off the gas



MIKE GOETZ/FOR METRO

#### POINTS

- Previously known as 1 Series. All-new platform for model year 2015
- All 2 Series vehicles exclusively two-doors. Cabriolet model added for model year 2016
- Base 228i Coupe (\$36,000) is RWD and powered by 241-hp twin-turbo "four"

#### MARKET POSITION

- Premium compact coupe for those who prioritize driving pleasure
- "M Performance Automobile" trim means more sport than normal, but not as much as full "M"
- Spiritual success to BMW's original small sports coupes, the iconic 2002, built from 1962-77

#### THE COMPETITION



**Audi S3**  
Base price: \$45,400



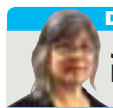
**Mercedes-Benz C 350 4Matic Coupe**  
Base price: \$56,050



**Hyundai Genesis Coupe**  
Base price: \$38,185

### MANUFACTURING

## A car is born: Taking an inside look at a Chrysler casting plant



### DRIVING FORCE

**Jill McIntosh**

During the Second World War, the Canadian government commissioned a factory on the west side of Toronto to build parts for military planes. In 1964, it was purchased by Chrysler, which used it to make engine components.

Now considerably enlarged and known as Etobicoke Casting, the plant is one of the com-

pany's top casting facilities. It uses proprietary aluminum alloy and high-tech methods to make vehicle crossmembers, as well as other parts that go into every vehicle the company sells in North America except for Viper and Fiat.

"Not many people can (make) these parts," says Ramsey Aljahmi, the plant's manufacturing manager. "There are very rigid quality requirements for these structural parts."

The plant makes many of its parts from a traditional alloy called 380, which is delivered

molten from a nearby supplier. But it's too brittle for making crossmembers, which not only need some flexibility to handle road stress, but have to be strong enough to support all the suspension parts bolted to them.

For that, the plant uses a special alloy called Silafont, developed in Germany and available from a single North American supplier in Missouri. Since it's too far away to deliver molten, the alloy arrives in ingots that are melted in furnaces in the plant. It's injected into the moulds at very high speed

and high pressure, filling the cavity in less than one-tenth of a second. While it would take six to eight minutes to cast the part conventionally, the high-pressure system does it in two.

Any trapped air in the part could cause it to fail, and so each is X-rayed with 46 separate images. "It's like doing an MRI on every single part," Aljahmi says. "If one portion solidifies at a different rate, it can cause voids in the casting."

Parts that pass the X-ray screening are sprayed with fluorescent penetrating fluid,

rinsed and then examined under blacklight, where workers look for any traces of glowing fluid that could indicate tiny cracks. Finally, they're stamped with an approval code and shipped out to vehicle assembly factories.

The plant is considered so good at what it does that its engineers have helped to train other casting facilities, including one of Fiat's key suppliers in Italy. It's also believed to be the largest single user of Silafont alloy worldwide, and will cast some 20.4 million kilograms of it this year.



**Crossmembers are sprayed with fluorescent fluid so that workers can check them for any tiny cracks.**

JILL MCINTOSH/FOR METRO



# Furniture, and a free charge-up

## PLUG-IN STATIONS

### Ikea courts electric vehicle drivers

Swedish build-it-yourself homeware chain Ikea will provide free electric vehicle charging at all 12 of its Canadian stores by summer's end. Ikea announced at the recent Climate Summit of the Americas in Toronto that it will install two charging stations at each of its Canadian outlets and could add more if demand warrants. The stations will be compatible with every electric car currently sold in the country and be available on a first-come basis.



## + FUEL-CELL VEHICLES

### Japanese automakers help develop hydrogen refuelling network

Japan's three largest automakers have launched a joint effort to support construction of public hydrogen fuelling stations across the island nation,

## TAKING STEPS

As part of IKEA's overall move to sustainability, it last year achieved 100 per cent renewable-energy use in all its stores through investing in technology like a wind farm in Alberta, and a geothermal installation in Manitoba.

supporting the government's commitment to fuel-cell cars as part of its vision of developing a hydrogen economy.

Measures taken by Honda, Nissan and Toyota will include underwriting a third of the operating costs incurred by infrastructure companies that build the fuelling stations, to a cap of about \$90,000 US apiece.

The program will run until fuel-cell vehicles (FCVs) become well established in the market "and the development of hydrogen station infrastructure is well underway."

The 2016 Toyota Mirai fuel-cell sedan is already on sale in Japan; Honda will launch an FCV there next year.

## THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

## REBATES

### California changes EV subsidies

The Golden State has added income-based caps to its rebates for electric cars and plug-in hybrids. As of July 1, the subsidies buyers receive are being determined by income, says auto research and sales source CarsDirect.com. Previously under the California Clean Vehicle Rebate Program, buyers received incentives of \$1,500 US for plug-in hybrids and \$2,500 for electric cars across the board. Now, lower-income buyers will get more when they buy certain EV models: as much as \$3,000 US for a plug-in hybrid, \$4,000 for an electric car and \$6,500 for a hydrogen fuel-cell car. Perhaps it sounded ludicrous that someone who bought a \$800,000-plus US hybrid like the Porsche 918 (pictured) would get a subsidy of any kind at all.



TEXT AND IMAGES BY WHEELBASE MEDIA

## BETTER EFFICIENCY

### Refreshed 500 is more 'mature'

The original FIAT 500 was introduced on July 4, 1957. Fifty years later, on July 4, 2007, FIAT introduced the modern FIAT 500. And on July 4, 2015, FIAT unveiled a "refreshed" 500. "It has not grown in size, but in maturity," with advanced technologies, improved efficiency and more customization ideas, FIAT said in a press release. Available in two body styles, hatchback and convertible, all models have LED daytime running lights, seven airbags, six-speaker infotainment system with USB ports and steering wheel controls as standard equipment.



## BMW'S PLUG-IN i8

### Hotel adds electric supercar to guest fleet

Long known for its fleet of Rolls-Royce guest vehicles, the Peninsula Shanghai hotel has added "the world's most sustainable sports car" (which apparently is BMW's plug-in i8) to its guest fleet, which also includes other BMW models and Minis (BMW owns both brands). The German automaker in 2014 handed over an all-electric BMW i3 city car to the equally high-end Kempinski Hotel Beijing, as part of its strategy to promote electric mobility.

# RECRUITERS AS MATCHMAKERS

What do recruiters really do? Over its 13 years in business as a Winnipeg-focused recruitment and staffing company, this is the question Pinnacle has been consistently asked.

For Anand Sahay, Pinnacle's senior recruitment consultant, the answer—to both job seekers and companies looking to hire—is simple: recruiters are matchmakers.

"We align a company's needs with an employee's wants," says Sahay. "Only when we foresee a match, do we make an introduction."

"The biggest complaint I hear about recruiters is, 'they call me all the time to pitch jobs, without ever understanding what I want.' This is the mark of a terrible recruiter," says Sahay. "Pinnacle doesn't work that way."

According to Sahay, a good recruiter is more than just a middleman. The best recruiters are good listeners.

"I genuinely want to understand the person I am working with—their reasons for seeking a change, their career aspirations and what can they offer a new employer. Having a clear

understanding is crucial."

The best recruiters are also relationship-focused, says Sahay. "Creating the right match can happen quickly, but it can also take time... so maintaining an ongoing dialogue is essential."

Pinnacle applies this same philosophy to the companies they work for. Each search assignment begins with an in-depth meeting with their client, to learn about every aspect of the job, including the company's culture.

Sahay adds that Pinnacle's recruiters have another advantage in that they are each specialized in a particular sector of the job market, for example accounting and finance, construction, and engineering.

"Our commitment to our clients is to find professionals in the marketplace that are the best of the best. People and companies often fail to connect with each other on their own—they're too busy running successful businesses or being fantastic employees. Recruiters do have the time. Building relationships is our



Anand Sahay, Pinnacle's senior recruitment consultant. PHOTO BY SHARON MAK

job".

Sahay adds that Pinnacle's success starts with honesty, and by setting clear objectives on all sides

"Our company mission statement is to 'do what's best for our clients, our candidates and for Pinnacle.' It is more than a romantic ideal, it is our practice."

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Mario Balotelli is being loaned back to AC Milan after a disastrous year at Liverpool



## BLUE JAYS BY THE NUMBERS

# Where Donaldson ranks

While the Josh Donaldson vs. Mike Trout MVP debate is likely to persist until the end of this season, another discussion worth pondering is where Donaldson's remarkable campaign ranks among the best in Blue Jays history.

The dynamic third baseman has no doubt entered the conversation. Here's a look at where he currently stands among the greatest individual seasons by Jays position players, according to Wins Above Replacement (as calculated by Baseball Reference). Conspicuously absent from the list is the

only player in Jays history to win an MVP, George Bell, who was voted the American League's most valuable player in 1987 when he hit .308 and clubbed 47 homers. Bell is evidently dinged for his defensive shortcomings and the limited value he added on the basepaths.

### JOSH DONALDSON

**2015, .302, 34 HR, 100 RBI, 7.1 WAR (Prior to Tuesday night's game)**

With six weeks still remaining in the season, Donaldson has already put together the sixth-best season for a position player in Blue Jays history, according to WAR. If he continues at his current pace of more than 1.4 WAR per month, by season's end he will unseat Bautista's 2011 campaign for the top spot. Donaldson leads the majors in extra-base hits, runs scored and RBI while sitting second in home runs. He's also one of the best defensive third basemen in baseball and has been the Jays' most clutch hitter this season. Of his 34 homers, 23 have either tied the game or given the Jays the lead.

### JOSE BAUTISTA

**2011, .302, 43 HR, 103 RBI, 8.1 WAR**  
He hit more home runs in his breakout 2010 campaign, but 2011 was Bautista's better year. He led the majors in home runs, walks, slugging percentage and OPS, finishing third in MVP voting, behind Jacoby Ellsbury and Justin Verlander. By Wins Above Replacement, Bautista's 2011 season is the best in Blue Jays' history and among the top 20 by any player in the last decade.

### JOHN OLERUD

**1993, .363, 24 HR, 107 RBI, 7.7 WAR**  
Like Bautista, Olerud finished third in AL MVP voting in 1993, receiving fewer votes than teammate Paul Molitor and the unanimous winner, Frank Thomas. But Olerud was arguably better than all three. He won the batting title, while also leading the majors with 54 doubles and a .473 on-base percentage, which was 15 points higher than Barry Bonds that season.

### JESSE BARFIELD

**1986, .289, 40 HR, 108 RBI, 7.6 WAR**  
The right-fielder known for his cannon arm put it all together as a 26-year-old in 1986. He was an all-star, a Gold Glove and a Silver Slugger. He led the majors with 40 home runs and trailed only Wade Boggs in position-player WAR. The closest Barfield came to matching his '86 heroics was four years later as a member of the New York Yankees when he hit 25 home runs and posted an .815 OPS.

### CARLOS DELGADO

**2000, .344, 41 HR, 137 RBI, 7.3 WAR**  
Delgado's peak years with the Jays were overshadowed by juicing sluggers like Barry Bonds and Alex Rodriguez. But in 2000 he was among the league's best. His 137 RBI are the second most in a season in Jays' history, behind the record-setting 145 mark he reached in 2003. But the 57 doubles he hit in 2000 and his .664 slugging percentage remain the franchise's single-season high-water marks.

### LLOYD MOSEBY

**1984, .280, 18 HR, 92 RBI, 7.2 WAR**  
Moseby's only all-star appearance came in 1986, but '84 was his best season. Among position players, he finished fourth that year in Wins Above Replacement. It was Moseby's combination of power and speed that made his season so special. He hit 18 homers while also stealing 39 bases and leading the American League with 15 triples. The speedy centre-fielder was also one of the league's best defensive outfielders.

## Righty claimed off waivers

The Toronto Blue Jays have claimed right-handed pitcher Donn Roach off waivers from the Cincinnati Reds.

Roach started one game for the Chicago Cubs this season before being claimed on waivers by Cincinnati on June 5.

In 22 triple-A starts this season with Iowa and Louisville, the six-foot, 195-pound pitcher has a 9-6 record with a 3.50 earned-run average.

To make room on the 40-man roster the Blue Jays have transferred outfielder Michael Saunders from the 15-day disabled list to the 60-day DL.

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**Donn Roach**  
GETTY IMAGES

## + PLAYOFF TIX

The Jays will begin selling playoff tickets to season ticket holders on Wednesday, with sales expanding to new season ticket holders, flex-pack holders and eventually the general public over the coming weeks.

Fans who purchased their flex packs before Dec. 5, will be able to buy post-season tickets on Sept. 2, while those who bought flex packs after Dec. 5 will have to wait until Sept. 4 for their playoff tickets. Six pack holders will be allowed to buy post-season tickets on Sept. 8, with the sale expanding to new 2016 season-ticket holders on Sept. 10.

**\$50-\$425**

A single ticket in the upper deck will cost a minimum of \$50 for the wild card play-in game or the American League Division Series, while a single seat for those games directly behind home plate will go for \$425. Those prices climb for the AL Championship Series and the World Series, with a ticket to the latter costing \$160 in the 500s and \$1,400 for the best seats in Rogers Centre.

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## NHL

## Flames fired up by Giordano re-signing

The Calgary Flames checked the top task off their summer to-do list by signing captain Mark Giordano to a six-year contract extension.

The 31-year-old defenceman still has a year remaining on his current contract, but Flames general manager Brad Treliving said in May that re-signing Giordano was his "No. 1 priority" this off-season.

The deal announced Tuesday is worth \$40.5 million US, at \$6.75 million per season.

"Mark has established himself over the last few years as an elite defenceman in the league," Treliving told The Canadian Press.

"We look at it as we got our captain, our leader, our best player under a contract at what we feel is a very competitive number."



**Mark Giordano is now locked into a six-year, \$40.5-million extension.** GETTY IMAGES

The length of the contract was key to the negotiations, said Giordano. "Term was the most exciting part for me," the captain said.

THE CANADIAN PRESS

### IN BRIEF

**Ticats legend Mosca's shirt retired as he raises awareness for Alzheimer's**  
He epitomized toughness and tenacity during his playing days with the Hamilton Tiger-Cats, but Angelo Mosca wants the retirement of his No. 68 to shed light on who he is now.

The former defensive lineman, 78, was diagnosed with Alzheimer's disease in February. "I'm happy I've made awareness of what's wrong with me," Mosca told reporters Tuesday. He will be only the second player in club history to have his jersey retired.

THE CANADIAN PRESS

**Japan told to speed up 2020 arena by Olympic Committee**

A top International Olympic Committee official urged Japan on Tuesday to speed up the troubled construction of Tokyo's new national stadium for delivery by January 2020, but the Japanese minister in charge of the Games cautioned this may not be possible.

IOC vice-president John Coates told reporters in Tokyo that he asked Japan's senior Olympic officials to meet the deadline in order to run a series of tests before the Games open in August 2020. THE ASSOCIATED PRESS

## NFL

## Jackson aiming for playoff with Bills

The high expectations running back Fred Jackson and the Bills had upon arriving at training camp a month ago haven't lessened as the team prepares to head home.

"Oh man, this is by far the best team I've been a part of," Jackson said Tuesday, after putting a close to his ninth Bills camp in suburban Rochester.

Playoffs or bust?  
"Without a doubt," he said. "I think we've got the tools to do it. Our front office has done tremendous things to put us in a situation to win games and end this drought."

The drought is the 15 consecutive seasons that the Bills have missed the playoffs. It's the NFL's longest active stretch.

Jackson is buoyed by top-to-bottom changes and additions



**Fred Jackson**  
GETTY IMAGES

the team has made since coach Rex Ryan took over in January. The Bills have restocked their offense with running back LeSean McCoy, tight end Charles Clay and receiver Percy Harvin, while keeping most of their attacking defence intact.

"It's on us to go out and get it done," Jackson said.

A few question marks still remain for Buffalo, which has a 1-1 preseason record and prepares to host Pittsburgh on Saturday. Ryan still hasn't settled on a starting quarterback, with Matt Cassel, Tyrod Taylor and EJ Manuel still in the mix for the job. THE ASSOCIATED PRESS

# Theisen-Eaton finds no silver lining in second

## WORLD CHAMPIONSHIPS

## Our heptathlon heroine and world No. 1 only wanted gold

Canadian decathlon star Damian Warner compares track and field's multi-events to golf — when you hit a bad shot, shrug it off and move on.

Brianne Theisen-Eaton says it's not that easy.

The 26-year-old from Humboldt, Sask., won her second consecutive world silver medal in the heptathlon on the opening weekend of the world championships. But after what amounted to a triple bogey in high jump derailed her confidence, it felt more like she'd let gold slip away.

"Imagine if it was the biggest golf tournament you'd ever played in," she said. "How do you put it out of your mind? It's just so hard. Like: 'It doesn't matter. It's fine.' No it's not fine."

"That's the mental part that I



**That's the mental part that I struggle with, telling myself it's fine, get over it. I have to figure that out.**

Brianne Theisen-Eaton



**Jessica Ennis-Hill, second from left, is congratulated by Canada's Brianne Theisen-Eaton after winning the women's heptathlon.** CAMERON SPENCER/GETTY IMAGES

struggle with, telling myself it's fine, get over it. I have to figure that out." She arrived in Beijing ranked No. 1 in the world. She still is — her score from May's Hypo-Meeting in Austria was 139 points better than Jessica Ennis-Hill's winning score here.

Theisen-Eaton is putting the performance out of her mind for now, to look ahead to husband Ashton Eaton's decathlon, which starts Friday. The multi-events power couple spent a couple of hours Tuesday morning at Beijing's famous Silk Street market,

having two suits custom-made for Ashton.

"He can never find suits to fit him," Theisen-Eaton said, "he can never wear pants without a belt." It's an age-old problem for athletes with tiny waists and muscular thighs.

The couple will head to Japan for a week's holiday, then Theisen-Eaton will turn her attention to the problems that plagued her here, and making sure she learns from them for Rio.

She'd been so solid through the last couple of seasons, her

coach Harry Marra calls her the "Consistency Queen." She'd perhaps never felt so much pressure. And she'd never been in the position of having to claw her way back — she was fifth after the high jump.

"I overanalyzed a million things, and nit-picked at everything and that just threw everything off," she said. "Everything unravelled and I couldn't get any sort of rhythm whatsoever. And then everything just made everything worse."

THE CANADIAN PRESS

## 200M SPRINT

## Gatlin takes doping heat in his stride

Usain Bolt returned to the world championships track Tuesday and eased his way through the preliminary round of his favourite race, the 200 metres.

Justin Gatlin also cruised, doing nothing to diminish his role as Bolt's top challenger.

Win or lose, Bolt will leave Beijing still hailed as his sport's fun-loving Superman. The chances of Gatlin getting a champion's send-off: slim to none.

Doesn't bother him one bit. "Sometimes it has to be fuel," Gatlin told The Associated Press as he left the Bird's Nest in Beijing to cool down at a practice field following a preliminary heat of 20.19 seconds. "If you don't let anything affect you at all, you have nothing to pull off of when you're already running on fumes."

When Gatlin lined up for the 100-metre final Sunday night

### RODNEY FLYING FLAG FOR CANADA

Brendon Rodney, a 23-year-old from Brampton, Ont., advanced to the semifinal of the men's 200 metres.

Rodney ran a personal-best 20.18 seconds to finish third in his heat, automatic-

ally moving on to Wednesday's semis that will be without Canada's 20-year-old sprint sensation Andre De Grasse, who is sitting out after a busy season.

THE CANADIAN PRESS

— a scintillating race he lost to Bolt — he was on the line with three other athletes who had served doping bans: Tyson Gay, Asafa Powell and Mike Rodgers.

Their doping pasts have barely been footnotes to the narrative in the 100. And the other athletes competing despite their doping histories have essentially gotten a free pass, as well, even as track and field has been hit with multiple reports alleging drug-

related cheating among athletes in almost every corner of the sport.

Gatlin? He takes all the heat. There has been vigorous debate over whether a convicted doper should be able to compete again. Gatlin has been snubbed by some meets since his return from his second doping conviction in 2010. But there is no keeping him out of major events, or the Olympics.

THE ASSOCIATED PRESS



**Justin Gatlin is cruising through the 200m sprint prelims.** IAN WALTON/GETTY IMAGES



## RECIPE Mushroom, Spinach and Asian Chicken Salad



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

Filling enough to be a main course meal! Serves 4.

### Ready in

Prep time: 10 minutes  
Cook time: 12 minutes

### Ingredients

- 4 oz boneless skinless chicken breasts, diced
- 1 Tbsp cornstarch
- 2 tsp vegetable oil
- 6 cups sliced mushrooms (any variety)
- 8 cups baby spinach
- Dressing
  - 2 Tbsp low-sodium soy sauce
  - 1 1/2 Tbsp rice vinegar
  - 1 Tbsp sesame oil
  - 2 tsp honey
  - 1 tsp crushed garlic
  - 1/2 tsp minced ginger
- Garnish
  - 2 tsp toasted sesame seeds

### Directions

1. Dust chicken cubes with cornstarch. In a medium hot skillet, add oil and sauté for about four minutes or just until chicken is cooked right through. Set aside.
2. Wipe out skillet and spray with vegetable oil. Sauté mushrooms on medium heat until all the moisture has been absorbed.
3. Dressing: In a small bowl, combine all ingredients.
4. Place spinach on a serving platter and add mushrooms and chicken. Pour dressing over top, mix gently and garnish with sesame seeds.

### Nutrition per serving

- Calories 111
- Protein 10.5 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 4 g
- Saturated fat 0 g
- Cholesterol 16 mg
- Sodium 288 mg

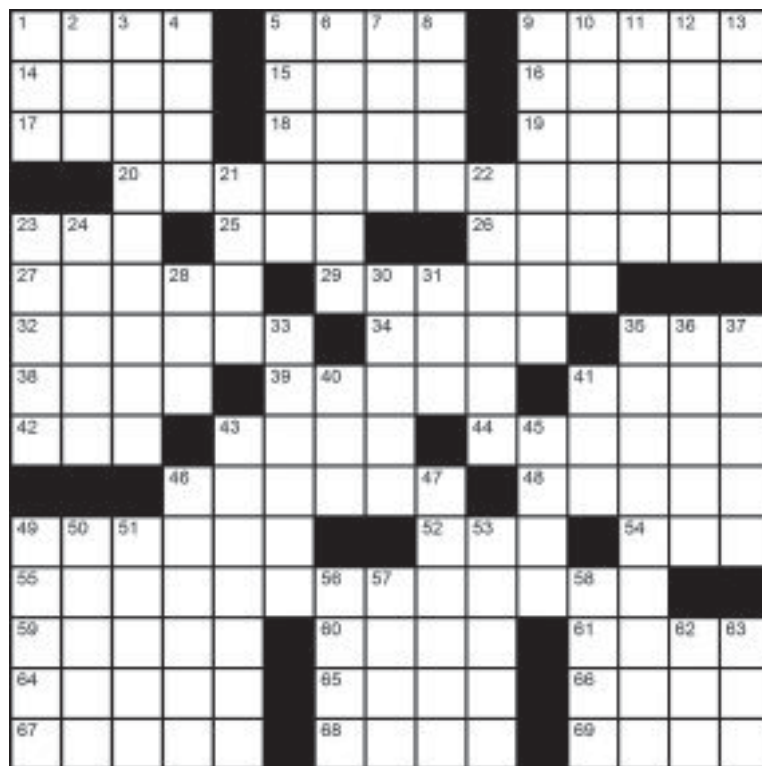
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Rocker/actor Mr. Springfield
5. Kitchen amt.
9. Ms. Winfrey
14. Agenda
15. Back
16. New Orleans-set HBO series of 2010 to 2013
17. Same: French
18. Inactive
19. Gradually diminish
20. Famous \_\_ \_\_ (World renowned black light puppetry company founded in Toronto in 1974)
23. Barely get by
25. Potpie morsel
26. Q. "Dylan Thomas, was he \_\_ poet?" A. "Indeed."
27. Major artery
29. Abundant
32. Judge props
34. Pull in wages
35. "Survivor" network
38. Panache
39. Swap stock
41. Earth goddess of yore, variably
42. Operated
43. Rupture
44. Timber decay: 2 wds.
46. Voice box
48. Beerless beer bottle
49. Sacred structure
52. Charlotte of "Diff'rent Strokes"
54. Listener
55. Margaret Atwood's nickname: 3 wds.



59. "The Man from \_\_" (2015)
60. Potato chip brand
61. Tuner
64. Donald Sutherland's profession
65. Sheltered, nautically
66. Jealousy

67. Red Sea sailing vessels
68. Caesar's 1450
69. Pulitzer-winning writer James

### DOWN

1. Circling stat.
2. 'Duct' suffix (Malleable)

3. Vacationer's home-on-wheels
4. Sports pad spot
5. Hogwash
6. James Blunt album: 'Back to \_\_'
7. Pelletier's skating partner
8. Briefly get

- ready
9. Denizen of one of Canada's biggest cities
10. Spoke to God
11. Force back
12. Continental neighbours of Canadians, briefly
13. Famed journal-

- ist Seymour
21. Iridescent gem
22. In a den, as an animal
23. Gung-ho
24. Eucalyptus muncher
28. Coffee break time
30. Pine
31. "Way cool!"
33. "Connected" by \_\_ MC's
35. Hardwood alternative
36. Region's plant and animal life
37. Ancient companion for Dionysus
40. Light beam
41. Class to be last-picked in :(
43. Family members on "Full House"
45. Movie projector attachment
46. Be inconspicuous: 2 wds.
47. Got imagery of the skeleton
49. Team
50. Intuition
51. Verso's pal amongst the pages
53. American nature photographer Mr. Adams
56. Film-\_\_ (Swin-dle)
57. Math class [abbr.]
58. Approximation
62. "5th \_\_. Girl" (1939)
63. Caustic solution

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Good news will come your way today but maybe it would be smart not to read into it. In life you get nothing for free, not even from people who are generous by nature, so be careful.

**Taurus** April 21 - May 21  
There may be no such thing as a perfect day but today will come close. Personally, professionally, romantically and financially you are on a roll — keep it going.

**Gemini** May 22 - June 21  
If you want something enough you will find a way to get it, even if certain people don't want you to have it. Today will remind you that some of the best things in life don't have to be worked too hard for.

**Cancer** June 22 - July 23  
You need to decide whether to forgive someone who has let you down badly. They say a leopard can't change its spots, so err on the side of caution and don't let them hurt you again.

**Leo** July 24 - Aug. 23  
You will find it remarkably easy to charm your way to success today and maybe make a fortune in the process. But don't make claims now that you may find hard to live up to.

**Virgo** Aug. 24 - Sept. 23  
With Jupiter so strong in your sign you are not going to sit at home watching the TV or reading a book. You want excitement and you will go anywhere and do anything to get it.

**Libra** Sept. 24 - Oct. 23  
Something you were hoping would remain a secret will be brought into the open today but it won't be as embarrassing as you feared it would be. In fact, no one cares in the slightest.

**Scorpio** Oct. 24 - Nov. 22  
Your generosity will make you friends today but it could also get you into trouble, especially if you are too trusting of people you don't know well. What happened to that overly suspicious Scorpio?

**Sagittarius** Nov. 23 - Dec. 21  
You are worrying about issues that are not worth the effort. Today's Sun-Jupiter link promises that whatever you do things will work out well, so quit fretting and enjoy.

**Capricorn** Dec. 22 - Jan. 20  
You cannot go wrong today. You will have the world eating out of your hand. You don't even need to be wary of people in positions of authority — they love you too!

**Aquarius** Jan. 21 - Feb. 19  
Do you spend more quality time with family and friends or do you focus on making a name for yourself on the work front? Only you can decide but don't think it has to be one or the other.

**Pisces** Feb. 20 - March 20  
Try not to take affairs of the heart too seriously today. A new relationship may be making your heart beat faster but it may just be a short-term fling, so don't get too attached.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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